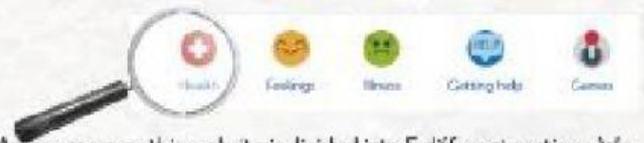


# RESEARCH ASSIGNMENT #1



**CLICK**

We invite you to surf this super interesting website and look for the following information:



As you can see, this website is divided into 5 different sections. We will work with the information given in the "health" section.

**SURF THE SITE, READ AND ANSWER:**

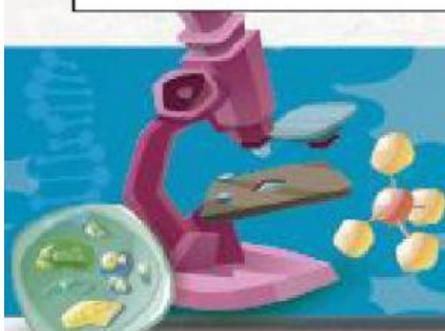
## MOVING ABOUT

WHAT CAN WE DO TO LIVE LONGER, HAPPIER AND HEALTHIER?

WHY IS IT GOOD TO MIX UP THE TYPE OF ACTIVITIES WE DO?

## BE SMART IN THE SUN

WHAT HAPPENS IF YOU SPEND TOO MUCH TIME IN THE SUN WITHOUT SUNSCREEN ON?



LET'S DO SOME  
RESEARCH



## EATING HEALTHY

"IT'S ALL ABOUT BALANCE, BALANCE, BALANCE" READ AND EXPLAIN THIS QUOTATION.

## SLEEP

WHAT ARE THE CONSEQUENCES OF NOT GETTING ENOUGH SLEEP?

RELAX AND DRIFT OFF: WHAT MAKES YOU BEING SLEEPY?

### Riddle me this!

If you're in primary school how many hours sleep per night should you be getting?

- 1 10-11 hours
- 2 5-8
- 3 14-17 hours
- 4 3-4 hours



### Riddle me this!

Regular exercise helps your muscles, bones and what other part of the body grow healthy and strong?

- 1 Heart
- 2 Ears
- 3 Hair

